



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-25-11)

Visit us at www.fns.usda.gov/fdd

100237 – CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B cherries, individually quick frozen (IQF), no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.
PACK/YIELD	<ul style="list-style-type: none">40 lb case.One 40 lb case AP yields about 70$\frac{1}{8}$ cups thawed, drained cherries and provides about 280.8 $\frac{1}{4}$-cup servings thawed, drained cherries OR about 457.4 $\frac{1}{4}$-cup servings of thawed cherries and juice OR about 236.7 $\frac{1}{4}$-cup servings cooked fruit and juice.One lb AP yields 0.70 lb (about 1$\frac{3}{4}$ cups) thawed, drained cherries and provides about 7.0 $\frac{1}{4}$-cup servings thawed, drained cherries OR about 11.4 $\frac{1}{4}$-cup servings thawed cherries and juice OR about 5.90 $\frac{1}{4}$-cup servings cooked fruit and juice.CN Crediting: $\frac{1}{4}$ cup thawed cherries and juice OR $\frac{1}{4}$ cup of thawed drained cherries OR $\frac{1}{4}$ cup cooked cherries and juice provides $\frac{1}{4}$ cup fruit.
STORAGE	<ul style="list-style-type: none">Store frozen cherries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.Store opened frozen cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cherries, red, frozen, unsweetened, unthawed

	$\frac{1}{4}$ cup (39 g)	$\frac{1}{2}$ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.30 g	8.60 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.52 g	7.04 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.42 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	4 mg	8 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	339 IU	678 IU
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.02 mg	0.04 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-25-11)

Visit us at www.fns.usda.gov/fdd

100237 – CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Thaw cherries in the original container in the refrigerator. Allow 2-3 days to thaw (approximately 2 hours/lb).• Thawed cherries can be used right from the carton.
USES AND TIPS	<ul style="list-style-type: none">• IQF cherries can be used in fruit cups or salads or in baked goods such as muffins, pies, cobblers, crisps, or breads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze cherries.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.